



Seminar Outline:

Disciplining Our Youth and Young Adults

Duration: 1 Hour

1. Outline and Introduction

- Objective: Understanding how to establish and lead Christian discipleship effectively, starting at home.

Outline

- Expertise and the Need
- Biblical command to disciple and why & how (Process approach)
- What it is and how to combine with mentoring
- Secular examples, e.g., Air Force IM Program, the Forge, etc.
- Specifics on how to get started
- How to start it at home and among the youth
 - Case studies
- Conclusion – Next Steps
- Key Scripture: **Matthew 28:18-20** - ¹⁸And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth. ¹⁹Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

After the resurrection, the third step in the process, Jesus gives his disciples what we call the great commission.

It is called "great" because:

- The large scope and importance. Includes the whole world and has great significance in the Kingdom. The Kingdom expands through this.
- The Authority is great and is divine in origin.

Commission is a task or command given with authority behind it.

After the resurrection Jesus tells them he has been given all authority in heaven and earth. Why?

- Show fulfillment of prophecy.
- The universal extent of his authority.
- To show the disciples that they are being commissioned through this power and that they have access to this power and authority. They are being given the power to complete this mission.
- To show affirmation of his victory over death.
- It follows the next steps in the divine process.



Go therefore....as a result of the power given to Jesus, we have the power and commission to go. Go where to do what?

- Make disciples or other followers across every nation.

How do you make disciples? Follow the process.

- Baptism. There is a three step process involved. Need/Humility, Repentance, New Life.
- Next, lead them to baptism in the Holy Spirit (step four).
- Begin to teach them beyond the basics.

Teaching them to observe all things that he has already told them. Jesus didn't just tell his disciples, he taught them through examples and spent time with them. He walked them through the steps.

- You can't effectively teach anyone unless you have gone through the steps before teaching.
- You can't effectively teach anyone something that you haven't already learned yourself.
- Called to teach the whole thing, not just the good parts.

He is with us through the end of the age. ChatGPT: The "end of the age" refers to the time when Jesus will return, bringing an end to the present sinful world and fully establishing God's eternal Kingdom. Until that time, believers are called to fulfill the Great Commission with the assurance of Christ's continual presence and ultimate victory.

- So, the commission doesn't expire until Jesus returns.
- He promises that he will be with us as we obey his command to expand the Kingdom.
- As the Father sent Him, He sends us to complete the work he began in us.
- If Jesus is with me always, that's a reminder that I need to do this work as if I'm in His presence. Too much is at stake for me to do this alone.

What I see today.

- Many people don't go.
- Some go, but they mainly do evangelism and not discipleship. There is a difference.
- Some make disciples the wrong way or of the wrong person or things.

Here are seven common reasons why people don't make disciples:

1. **Lack of Knowledge:** They feel unequipped or unsure how to start.
2. **Fear of Rejection:** They worry about being turned away or ridiculed.
3. **Busyness:** They prioritize other activities over discipleship.
4. **Complacency:** They may not see it as their personal responsibility.
5. **Insecurity:** They doubt their spiritual maturity or ability to lead.
6. **Cultural Pressures:** They fear going against societal norms or offending others.
7. **Misunderstanding the Mission:** They see discipleship as optional rather than a command from Jesus

Personally. I didn't know I was supposed to. Too shy. Wasn't taught how to do it. Thought it was the preacher's job. Wasn't cool.

How did I come to have a passion for mentoring and teaching. I saw the need in myself. Saw the principles work in my secular job. Someone did it for me and I recognize and appreciate the value. Desire to make a Kingdom difference. Desire to share what I have learned. Increased my love for God that I want to obey. My failures and lessons learned. The Holy Spirit and results.

2. Foundations of Christian Discipleship

- **Definition of Discipleship:** Following Jesus and helping others do the same. **Christian discipling** is the intentional process of helping others grow in their faith and relationship with Jesus Christ, equipping them to live according to His teachings and share their faith with others. Discipling focuses on spiritual growth, biblical understanding, and the development of Christ-like character, often emphasizing accountability, prayer, and practical application of Scripture in daily life.
- **Biblical mentoring:** is a relational process in which a more mature believer provides guidance, encouragement, and wisdom to help another individual grow spiritually, emotionally, and personally, in alignment with biblical principles. It involves sharing life experiences, offering practical advice, and modeling Christ-like character, all while pointing the mentee toward a deeper relationship with God and a life rooted in Scripture. Biblical mentoring often addresses various aspects of life—faith, relationships, work, and challenges—while consistently prioritizing a God-centered perspective and the mentee's spiritual growth.

Difference Between Discipling and Mentoring:

- **Focus:**
 - **Discipling:** Primarily spiritual, emphasizing growth in Christ and obedience to His teachings.
 - **Mentoring:** Broader, often addressing personal, professional, or life skills alongside spiritual growth.
- **Authority Source:**
 - **Discipling:** Centered on the authority of Scripture and the example of Christ.
 - **Mentoring:** Draws from the mentor's experience and wisdom.
- **Goal:**
 - **Discipling:** To grow as a follower of Jesus and equip others to do the same.
 - **Mentoring:** To guide personal development and achieve specific goals.

While both involve guidance and relationship, discipling is more focused on spiritual transformation, whereas mentoring may include a broader scope of life issues.

I recommend that mentoring be combined with discipleship. This is especially important when using real life experiences with the scriptures to teach and learn greater application. Remember, Jesus taught using parables.

3. USAF HBCU Intentional Mentoring Example and Features

- Solicit and recruit mentors from across the Air and Space Force.
- Coordinate with school detachments for cadets to sign-up and request a mentor.
- Match mentors to cadets based upon career, location, status, etc.
- Train mentors and cadets on expectations and sign agreement.
- Follow-up via survey results, identify trends and make adjustments.
- Conduct joint mentoring and discipleship sessions via Zoom to better prepare cadets for leadership and success.
- Results
 - Grown from just one HBCU (Howard University) to over 6 schools.
 - Started with 26 pairs, now nearly 100 pairs and nearly 200 volunteers signed up.
 - Surveys show success and areas for improvement and identified challenges.
 - Praised by USAF Chief and Congressional leaders. Won USAF Volunteer of the Year in 2022.

4. How to Conduct Christian Discipling:

1. **Establish a Relationship:** Build trust and friendship; create a safe environment for spiritual growth.
2. **Set a Biblical Foundation:** Use Scripture as the guide for discussions and lessons. Find good material.
3. **Model Christ-Like Behavior:** Lead by example in faith, love, humility, and service. Leverage mentoring.
4. **Encourage Growth:** Challenge the individual to apply biblical principles, develop spiritual disciplines (e.g., prayer, Bible study), and step out in faith.
5. **Provide Accountability:** Regularly check in on their progress and struggles in their faith journey.

6. **Empower and Multiply:** Equip them to disciple others, fostering a multiplying effect in the community.
 7. **Follow the Process:** before you get started and prior to every session.
- **Practical Steps to Begin a Program:**
 - Pray for guidance and potential disciples and mentors.
 - Get training.
 - Build relationships based on trust and shared faith.
 - Set clear goals and expectations with your mentee.
 - Emphasize willingness and availability.
 - Coordinate joint sessions similar to the Forge Movie.

5. Conducting Effective Discipleship at Home and Your Church

- Recognize the need to do it. Deuteronomy 6, Proverbs 1:8, Exodus 14.
- Turn from doing nothing or relying only on others, church for discipling.
- Look to the word, lessons, materials, etc.
- Take action to set up time, sessions, for conducting discipleship and mentoring.
- Meet the child, teen, young person where they are and bring them along.
- Check yourself, not about you and teach righteousness.
- Process brings peace, check your results.

Case Study examples, do you have one?

- Your daughter is about to go off to college but has just started dating a boyfriend. What do you do?
- You are training your child to get in shape for sports. During the training they can't keep up a good pace during runs, what can you do?
- Your kid wants to go to the movies with friends.
- Your child thinks you are being unfair because you keep nagging them about walking the dog when they told you they would get to it later.
- Your child comes home from school each evening but doesn't speak to you when they see you.
- One of the youth is getting ready to go to their first job interview.

- You meet a young college student and talk about Jesus. They explain they are having a hard time believing in the white version of Jesus because of how religion has been used to oppress people.
- Your son no longer wants to be your son, but instead wants to be your daughter.
- Your child is not sure they still believe in God or Jesus.
- One of the youth works at Chic-Fil-A and tells you they got written up because they told a customer they only have two hands when questioned about the rest of their order.
- Your child talks back to you when confronted with an issue.
- Your child is supposed to cut the grass but they haven't yet. But they are fasting with the church.
- Your teen wants to drive back to school at night during New Year's Eve. You advise them to not leave until the morning but they want to leave anyway.

Top Ten Problems Parents Have with Teens:

Here are 10–15 of the most common complaints parents have about their teenagers:

1. **Lack of Communication:** Teens often share less with their parents, leading to frustration about feeling excluded or unaware of their lives.
2. **Disrespectful Attitude:** Complaints about talking back, rolling eyes, or a generally defiant tone.
3. **Excessive Screen Time:** Spending too much time on phones, gaming, or social media instead of engaging with family or responsibilities.
4. **Messiness:** Leaving bedrooms, bathrooms, or shared spaces untidy.
5. **Procrastination:** Delaying homework, chores, or other obligations.
6. **Poor Academic Effort:** Not studying enough or neglecting schoolwork, leading to disappointing grades.
7. **Disregard for Family Rules:** Breaking curfews, skipping family meals, or ignoring agreed-upon expectations.
8. **Mood Swings:** Emotional volatility, including being overly sensitive, irritable, or withdrawn.
9. **Lack of Motivation:** Complaints about laziness or a lack of ambition for future goals.
10. **Peer Influence:** Parents worry about their teen being overly influenced by friends, particularly those with negative behaviors.
11. **Risky Behavior:** Concerns about experimenting with substances, breaking laws, or engaging in unsafe activities.
12. **Secrecy:** Parents feel teens are hiding aspects of their lives, leading to mistrust.
13. **Disinterest in Family Time:** Preference for friends or personal activities over spending time with the family.
14. **Unhealthy Habits:** Concerns about poor eating, lack of exercise, or sleep deprivation.

15. **Inappropriate Relationships:** Worry over romantic relationships or friendships that may be harmful or distracting.

Each of these issues can be influenced by the natural developmental changes teens experience as they seek independence, which may sometimes conflict with parental expectations.

Here are ways parents can address these common teen issues:

1. **Improve Communication:** Create a safe, judgment-free space for open dialogue. Listen actively and empathetically without rushing to criticize or solve their problems. This builds trust and encourages teens to share more.
2. **Set Clear Expectations and Boundaries:** Establish consistent, reasonable rules and explain the reasons behind them. Involve teens in setting these rules to give them a sense of ownership. For example, agree on curfews and consequences together.
3. **Encourage Healthy Habits:** Promote balance by modeling good behavior. Encourage proper sleep, exercise, and screen time limits by participating in these activities as a family. For instance, implement a "no phones at dinner" policy.
4. **Provide Positive Role Modeling:** Demonstrate respectful communication, responsibility, and resilience. Teens often mirror what they see, so practicing the behaviors you expect can make a big difference.
5. **Stay Involved and Observant:** Show interest in their hobbies, schoolwork, and friends without being intrusive. Monitor behaviors subtly and address risky or harmful patterns early.

This is what ChatGPT says.....what does the Bible say? How would you training the teen through scripture and discipleship to address these challenges.

6. Overcoming Challenges in Discipleship (5 minutes)

- **Common Obstacles:**
 - Time constraints, being relatable, personal differences, or spiritual discouragement.
- **Solutions:**
 - Commit to prioritizing discipleship.
 - Seek unity and patience through the Holy Spirit (Ephesians 4:2-3).
 - Follow the steps before you begin a session.
 - Positive reinforcement with verbal feedback by praising small wins.
 - Pray and worship together.

8. What Not to Do in Discipling and Mentoring

- Make conversations about you
 - Control the relationship or steer its outcomes
 - Always give the right answer
 - Underestimate your mentee
 - Betray confidentiality/trust
 - Get away from the Word...always show examples and application back to the Word
 - Be too prescriptive
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7. Closing and Application (5 minutes)

- **Next Steps:**
 - As a parent, what do you need to do first? Follow the steps.
 - As a church, what do you need to do next?
 - Establish a program or process?
 - Commit to regular discipleship practices.

Deut 6

⁴“Hear, O Israel: [\[b\]](#)The Lord our God, the Lord *is* one! ⁵You shall love the Lord your God with all your heart, with all your soul, and with all your strength.

⁶“And these words which I command you today shall be in your heart. ⁷You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. ⁸You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. ⁹You shall write them on the doorposts of your house and on your gates.

Prov 1:8

**My son, hear the instruction of your father,
And do not forsake the law of your mother;**

Exod 14



⁴So it shall be, when your son asks you in time to come, saying, ‘What *is* this?’ that you shall say to him, ‘By strength of hand the Lord brought us out of Egypt, out of the house of bondage. ¹⁵ And it came to pass, when Pharaoh was stubborn about letting us go, that the Lord killed all the firstborn in the land of Egypt, both the firstborn of man and the firstborn of beast. Therefore I sacrifice to the Lord all males that open the womb, but all the firstborn of my sons I redeem.’ ¹⁶ It shall be as a sign on your hand and as frontlets between your eyes, for by strength of hand the Lord brought us out of Egypt.”